



Standing for  
Children's Health

## CHILDREN'S HEALTH PROGRAM

Partner with the team who are  
Standing for Children's Health.



The Root Cause is excited to partner with schools and families, empowering your children to have a positive life-long relationship with food and sleep, which underpins optimum health, behaviour and academic performance.

The Children's Health Program educates and empowers children, parents and teachers while keeping it fun. With a focus on all stakeholders, this program has health outcomes for the whole school community.

In years gone by it took a village to raise a child, and in today's world, it takes strong partnerships.

**The Root Cause understands that positive change takes time to stick, which is why we partner with schools and families for the long term with relevant programs for all ages.**



**It's easier and more accessible than you might think, and it all starts here.**





Standing for Children's Health

The Root Cause's Children's Health Program is an ongoing partnership with schools and families, designed to educate and empower children to make better food and sleep choices that will improve their behaviour and academic performance for the long term.

## Our formula for peak performance:



Better Food



Better Sleep

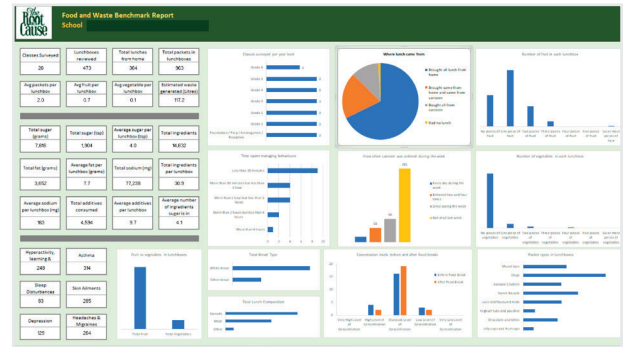


Better Behaviour & Performance

We educate families on how their food and sleep habits impact on their overall wellbeing and ability to be their best. The Root Cause has educated and empowered over 35,000 children, parents and teachers from over 145 schools across Australia.

## Food & Waste Research and Data Report

A snap shot of food at the school, and the waste generated by lunchbox food packaging.



## Personal Wellbeing Journal

Students and Teachers track key markers of their wellbeing.



## Student "Mad Food Science" Incursion


Gives the entire school a new way of viewing their wellbeing.




## Teacher and Canteen Manager Professional Development

Online program to boost teacher and canteen manager knowledge about the impacts of food on wellbeing.


### TRAINING LESSONS



Download Workbook



Go To Research Links



**TPD 01: Unprecedented Era**

Explore how we're living in an unprecedented era for teaching and parenting. Consider how this may be showing up for yourself and fellow teachers and learn how you can connect in with your body. 5-minute video plus workbook questions.

"Very eye opening! I need to be a better role model for my students too. Great way to start the conversation, thanks! I really enjoyed learning about foods. Even as an adult I sometimes feel misled and make unhealthy choices for myself."

– PRIMARY SCHOOL TEACHER

"The children came in totally engaged, they learnt so much, and they loved the smoothie. They could not believe something green could taste so good. All the teachers came back and they had lots of great and positive words about the presentation. The teachers themselves also learnt so much. This afternoon at the parent workshop, you certainly had the parents' full concentration as they listened carefully and they learnt a lot. I noticed people took lots of notes, which they don't do when I do a presentation."

– CLAIRE MELLON  
PRIMARY SCHOOL PRINCIPAL

### Communications Plan and School Aids

Online resources and teaching aids to support rollout and implementation of the program.



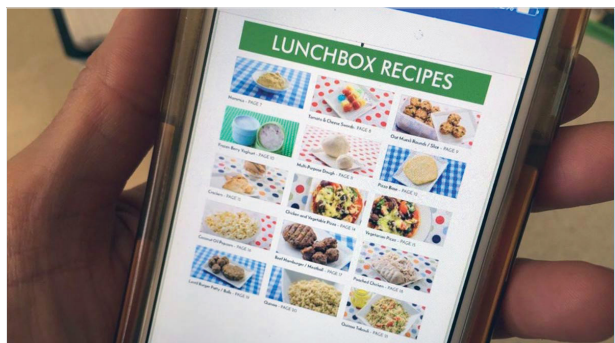
### Community Engagement Parent Seminars & Events

In person and online education and Q&A events to reach more parents.



### Online Subscription for Parents

Families of our Partner Schools receive free access to our Online Subscription for Parents, including access to lunchbox recipes and ideas to save time (valued at **\$60 per family**).



### Support Tools for Families

A range of online tools and resources to support ongoing change in the home.



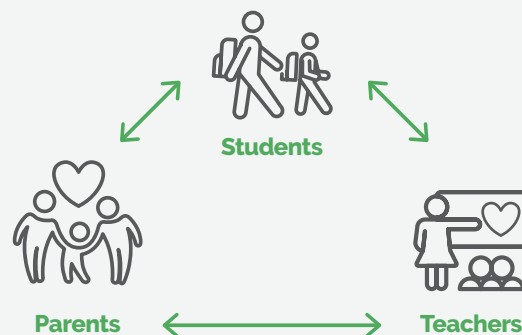
"I was amazed how easily the children picked up the concepts that I see even adults struggle with. The kids all had a brilliant time and I know a lot of children went home telling about their learning experiences!"

– MUM AND P&C MEMBER

We understand that as parents, sometimes our children don't listen to us. This parent-child power struggle often leads to food becoming an uphill battle at home. Our program is built by parents for parents.

Science has proven there is a direct link between our food and sleep choices, and the effects of those choices on our behaviour, mood and ability to perform both academically and physically. This program provides a way of partnering with the school to help your children learn and thrive, both in and out of the classroom.

## Our whole school approach:



Our program is developed to be fun, with results that prove that through the program, children make better choices around food and sleep. Our participants show a great level of engagement which we believe builds accountability through awareness.

"Your course has made a massive change in the eating habits of our whole family, not just at lunch time but also for snacks and dinner - as well as a less stressful morning routine."

– RACHAEL B PARENT

# School Packages

## Incursion

The "Mad Food Science" Incursion is an engaging, interactive whole-school event, designed to kick-start behavioural change in schools around food and sustainability, through education and inspiration. It includes:

- **Food & Waste Research and Data Report** – a one-off snapshot report for the school
- **Student Mad Food Science Incursion** – one whole-school student incursion
- **Community Engagement Parent Seminar** – one parent evening event at the school

RRP  
**\$14**  
per child

## Partnership

The Children's Health Program (CHP) is an ongoing partnership with schools and families. It educates and empowers children to make better food and sleep choices that will improve their behaviour and academic performance. The Children's Health Program features the full suite of inclusions listed below and provides families at the school with a **FREE membership to the Gold Family Online Subscription valued at \$60 per annum**.

- **Food & Waste Research and Data Report** – ongoing research and reporting for the school
- **Personal Wellbeing Journal** – allowing students and teachers to track wellbeing over time
- **Student "Mad Food Science" Incursion** – a recurring yearly event with new modules/topics
- **Teacher & Canteen Manager Professional Development** – wellbeing training for all staff
- **Communications Plan and School Aids** – ensure the CHP has deeper long-lasting impact
- **Community Engagement Parent Seminar** – parent seminar and ongoing online events
- **Gold Family Online Subscription** – consolidating healthy food/sleep behaviours at home
- **Support Tools for Families** – resources and templates to make parent's lives easier
- **Healthy Lunchbox Resources** – making healthy lunchboxes easy for the whole school

RRP  
**\$20**  
per child

per year

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## Are you ready to have healthier, calmer students who are better learners?

Discuss becoming a Partner School by completing the form in the link below or contact The Root Cause directly.  
[therootcause.com.au/partner](http://therootcause.com.au/partner)



**Belinda Smith**

Founder of The Root Cause

1300 KIDS FOOD

[hello@therootcause.com.au](mailto:hello@therootcause.com.au)

## What happens next:

- 1) Your Instructor will meet with your School Principal or other Decision Maker (in person or online) to discuss your school's needs.
- 2) Your Instructor will provide a written proposal to the School for acceptance.
- 3) The Children's Health Program starts at your school!